UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

Housekeepers' Chat. Thursday, Oct. 11, 1928.

NOT FOR PUBLICATION

Subject: Jelly-Making. Program includes recipes for Crabapple Jelly and Peach Marmalade, from Bureau of Home Economics, U.S.D.A.

Publications available: The School Garden; Mimeographed directions for jelly-making can be secured from Bureau of Home Economics, U.S.D.A., Washington, D.C.

--ooOoo--

I've just discovered something about the private lives of my friends, the Receipe Lady and the Menu Specialist. What do you suppose they do, every fall, about this time of the year? They join forces, and make themselves a supply of Crabapple Jelly -- some spiced, and some plain. The Recipe Lady really makes the jelly -- I don't think she'd trust anyone else to do it. The Menu Specialist washes the crabapples, and sterilizes the glasses, and does whatever the Recipe Lady tells her to do.

I asked them how they divided the jelly, after it was made.

"Equally," said the Menu Specialist, "which only goes to show that some people get more than they deserve."

I almost blushed when she said that, for I happened to remember the big jar of Peach Marmalade the Recipe Lady gave me the other day, when I hadn't so much as peeled a peach, or stirred the marmalade to keep it from burning.

Now just as soon as I answer these jelly questions, I'll tell you how the Recipe Lady and the Menu Specialist are making their Crabapple jelly -- the plain jelly, and the spiced jelly. They deserve to be proud of their product -- it's clear, sparkling, delicate and a beautiful color.

The first question is from a 4-H club girl, who asks how she can tell whether her fruit jelly is as good as it ought to be.

An ideal fruit jelly, according to the Recipe Lady, has a bright or delicate color, is almost transparent, and has no scum or bubbles at the top. When a perfect fruit jelly is turned out into a plate, it holds its shape, it is tender, and it quivers, when the plate is moved. The jelly cuts easily, with a spoon, yet it breaks with a sharp cleavage line, and shows sparkling surfaces.

Second question: "When is the proper time to skim jelly?"

Answer: Skim off the scum as soon as the jelly is done, just before you pour it into the glasses. This way, you won't waste as much jelly as you would skimming it constantly, while it cooks.

Third question: "How can an inexperienced cook tell when jelly is done?"

Answer: There are two reliable methods, for telling when jelly is done. Method Number One: Dip a spoon into the boiling juice, then raise it above the liquid, and let the juice run off the side of the spoon. If the jelly is done, the juice will be so heavy, that the last portions will sheet off, or break off in sheets, instead of trickling in drops. Some persons call this the "two-drop" test, because the juice drops in two lines of drops, from the edge of the sheet, instead of in a single line of drops, from the spoon. Take the jelly from the stove, the minute it is done. Further cooking will spoil it. The second method of telling whether jelly is done, is by means of a candy thermometer. As a rule, the jelly will be done, when the thermometer reads 219 to 221 degrees, Fahrenheit.

Only one more question: "What is the best way to cover jelly?" Cover your jelly with paraffin. Put the cake of paraffin into a cup, or a small saucepan. Melt the paraffin, over low heat. Let it heat for a few minutes, without smoking, and pour it over the cool jelly. After the paraffin has cooled, place tin tops on the glasses, or paste paper over them, label them neatly, and store in a dry, cool, dark place.

Now take your pencils please, and your Radio Records, and turn to the Recipe section. We'll write the recipe for Crabapple Jelly. I'll read it slowly:

Wash eight pounds of firm, red, crab-apples, through four or five waters. Scrub the skins well. Cut the apples into quarters. Remove the stem and blossom end. Cover with cold water. Cook rapidly, until the apples are very soft. Strain through many thicknesses of cheesecloth. Press the bag gently, to start the flow of juice. Do not squeeze the bag, as that will give a cloudy jelly. Make about six cups of juice into jelly in each batch. To each cup of juice, use three-fourths or one cup of sugar, and cook rapidly, until the jelly test is reached. Remove the scum, and pour into hot steril jelly glasses. When set, cover with paraffin, cover, label, and store in a cool dry place.

If you want to make Spiced Jelly, when the juice and sugar are combined, and ready to cook to the jelly test, add four or five pieces of stick cinnamon, or a cheesecloth bag containing 8 or 10 whole cloves. Remove the spices before pouring the jelly into the glasses.

I'd like to give you one more recipe today. It's a very short one, for Peach Marmalade or Jam. Peach Marmalade is easily made, and you know how good it is in the winter time, on home made bread, and butter.

Here's the recipe; for Peach Marmalade: (Read slowly).

To each pound, of the peeled and stoned peaches, allow 3/4 of a pound of sugar. Let the sugar and raw peaches stand overnight, to draw out the juice. Then cook slowly, until the mixture is thick. During the cooking, stir the jam frequently, to prevent burning. Toward the end, slip an asbestos mat under the kettle. Pour the jam into hot sterilized glasses, or jars, and seal.

One more question to answer today. This one is from a grade school teacher who wants to know whether there are any bulletins which might help her young students to become interested in the study of plants.

I'm sending her a copy of "The School Garden." Billy's teacher has a copy of this bulletin, and she used one of the experiments suggested in it to teach her youngsters the value of sunshine. The children were studying about leaves. The teacher told them that the leaves are the plant's workshop; that in the leaves, under normal conditions, wonderful transformations take place; that the plant takes the materials supplied by the root, combines them with materials taken from the air, and, under the influence of sunshine, these materials give the colors to our flowers, the flavors to our fruits, and the sweetness to sugar. The influence of sunshine can easily be demonstrated. Billy's teacher planted two pots with corn. She placed one in a window where it made a normal growth. She placed the other under a paper box, through which the light could not penetrate. After the plants under the cone were two or three inches high, she removed the covering, and showed the children what happens when a plant is deprived of sunshine. "It needed a sun bath," said Billy, when he told me about it.

Tomorrow we shall discuss the contents of the well-filled lunch box.